



DEPARTMENT OF THE INTERIOR
INFORMATION SERVICE

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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

For Immediate Release

FWS ISSUES NEW FISH COOKERY BOOKLET

A new publication, How to Cook Ocean Perch, containing 24 choice recipes which were developed and kitchen-tested by the home economists of the Fish and Wildlife Service, was announced for release today by the Service.

The ocean perch is caught by New England fishermen from Cape Cod to eastern Nova Scotia. Although long familiar to fishermen, this fish was practically unknown to consumers until 1935. At that time the industry began experimenting with filleting and freezing ocean perch and found it well adapted to this method of preparation, and hence suitable for shipping to inland markets. In a few years the ocean perch has risen from a place of insignificance to rank first among New England species in volume of catch.

Ocean perch is an excellent food fish with firm flesh. When cooked the meat is white and flaky, with a delicate flavor. It is marketed principally as frozen fillets. These fillets are particularly appealing to today's housewives because they are moderately priced and plentiful. As additional advantages, they are easy to prepare, entirely edible, and attractive to serve.

Any of the basic fish cooking methods of frying, baking, broiling, boiling, and steaming may be used to prepare ocean perch. Some of the easy-to-make yet out-of-the-ordinary recipes included in the new publication are Deviled Ocean Perch, Ocean Perch Creole, Molded Ocean Perch Salad, Ocean Perch Turbans, Ocean Perch Tomato Soup, Curried Ocean Perch, and Ocean Perch Club Sandwiches.

Generously illustrated, How to Cook Ocean Perch is No. 6 in the Service's Test Kitchen Series of fish cookery publications. It may be obtained for 10 cents from the Superintendent of Documents, Government Printing Office, Washington 25, D. C.

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